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Nota di contenuto	Contents; Preface; Acknowledgments; 1. Patients Speak; 2. What Is Body Dysmorphic Disorder?; 3. How Do I Know If I Have Body Dysmorphic Disorder?; 4. Body Dysmorphic Disorder Comes in Many Forms; 5. Painful Obsessions; 6. Compulsive Behaviors: Mirror Checking, Grooming, Camouflaging, Dieting, and Others; 7. How Body Dysmorphic Disorder Affects Lives: Social Avoidance, Problems with School and Work, Violence, Suicide, and Other Consequences; 8. Gender and Body Dysmorphic Disorder across the Life Span; 9. What Causes Body Dysmorphic Disorder? Clues to an Unsolved Puzzle 10. Getting Better: A Brief Treatment Guide11. How to Successfully Treat Body Dysmorphic Disorder with Medication; 12. Cognitive-Behavioral Therapy for Body Dysmorphic Disorder; 13. Cosmetic Treatments: Surgery, Dermatologic, Dental, and Other Treatments; 14. Anorexia Nervosa, Obsessive Compulsive Disorder, and Other Psychiatric Disorders-What's Their Relationship to Body Dysmorphic Disorder?; 15. Advice for Family Members and Friends; 16. Getting Help for Body Dysmorphic Disorder; Glossary; Index
Sommario/riassunto	In a world obsessed with appearance, it is not surprising that body

dysmorphic disorder, or BDD -- an emotionally painful obsession with perceived flaws in one's appearance -- has manifested itself as a troubling and relatively common problem for many individuals. In *The Broken Mirror*, the first and most definitive book on BDD, Dr. Katharine A. Phillips provided a comprehensive manual for patients and their physicians by drawing on years of clinical practice, scientific research, and professional evaluations of over 1,000 patients. Now, in *Understanding Body Dysmorphic Disorder: An Essential Guide*
